

LESSON 28: OUR LIFE IN THE CHURCH

Jesus gave us signs of His grace in the seven sacraments. The first sacrament we receive is Baptism. The signs of this sacrament are words and water. Our parent and godparents made our baptismal promises for us because we were too young to speak. Then the priest poured water over our heads and baptized us. At that very moment, our original sin was washed away, and our soul was filled with God's life, called grace.

In the sacrament of the Holy Eucharist, God gives us His own Son as food for our souls. Bread, wine and the words of the priest are our signs that Jesus is present. If we receive this sacrament often, the life of grace in our soul grows more and more strong.

In the sacrament of Penance, God gives us the chance to win back grace that we have lost in sin. The priest's healing, forgiving words are the sign of God's presence.

In the sacrament of Confirmation, the Holy Spirit fills us with the grace to be even stronger members of the Church. Later in life, we may receive some other sacrament: Holy Order, Matrimony (marriage), or the Sacrament of the Sick.

When we are full of God's grace, it is easier to keep our promises to God and follow His Commandments.

"Above all, clothe yourselves with love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in the one body". (Colossians 3: 14-15)

"If you continue in my word, you are truly My disciples; and you will know the truth, and the truth will make you free". (John 8:31-32)

Words to know:

Sacrament: a sign given by Jesus that gives us grace.

Christian: a baptized follower of Jesus Christ.

Questions and Answers

1	What are the sacraments? The sacraments are efficacious signs of grace instituted by Jesus Christ to make us holy.
2	How do the sacraments make us holy? The sacraments make us holy either by giving us the first sanctifying grace, which takes away sin, or by increasing that grace which we already possess.
3	What is Baptism? Baptism is the sacrament which makes us Christians, that is, followers of Jesus Christ, sons of God, and members of the Church.
4	How is Baptism given? Baptism is given by pouring water on the head of the person to be baptized and saying the baptismal words at the same time.

Choose the correct answer:

- 1) Jesus gave us signs of His grace in the _____. (Ten Commandments, Seven Sacraments, Beatitudes).
- 2) The first sacrament we receive is _____. (Holy Orders, Holy Eucharist, Baptism)
- 3) _____ is when our original sin was washed away, and our soul was filled with God's life. (Hope, Grace, Love)
- 4) In the sacrament of _____, God gives us His own Son as food for our souls. (Confession, Holy Eucharist, Anointing of the Sick)
- 5) In the sacrament of _____ God gives us a chance to win back grace that we have lost in sin. (Penance, Holy Communion, Confirmation)
- 6) The Holy Spirit fills us with the grace to be even stronger members of the Church. This sacrament is called _____. (Baptism, Holy Eucharist, Confirmation)

Match the following:

- Sacrament:** a baptized follower of Jesus Christ
Christian: a sign given by Jesus that gives us grace
Baptism: God gives us His own Son as food for our souls.
Holy Eucharist: God gives us the chance to win back grace.
Penance: First sacrament we receive.

THE SEVEN SACRAMENTS

<p>1. Baptism (Once)</p> <ul style="list-style-type: none"> • The first sacrament in Christian life • Given at the tender age • Sign that we are horn of water and spirit • Jesus himself was baptized • Permanent sign Christian is a child of God • Baptism ritual • necessary for salvation (John 3:5) 	<p>(Once)</p> <ul style="list-style-type: none"> o Infilling of the Holy Spirit o Graces and gifts of the Holy Spirit o Forgiveness of Original Sin o Begin a new life with Jesus o Member of the Catholic Church
<p>3. Confirmation (Once)</p> <ul style="list-style-type: none"> • Sacrament of the Holy Spirit • Anointing the forehead with chrism • Laying of the Minister's hand and pray over • By the Bishop • Be sealed with the Gift of the Holy Spirit 	<p>(Once)</p> <ul style="list-style-type: none"> o Receive seven gifts of the Holy Spirit o Receive charismatic gifts o Strength to witness for Jesus Christ o Soldier for Jesus Christ o Isaiah 11:2-3 WUCFKPF o Cor 12:7-11, LJPPKHS
<p>5. Anointing of the sick (As required)</p> <ul style="list-style-type: none"> • Given to people who are terminally ill • Uniting the persons with passion of Christ • Anointing forehead and hands • Pray for love and mercy of God • Make the dying person free from sin • Penance or restitution for your sins 	<p>(As required)</p> <ul style="list-style-type: none"> o Spiritual remedy for the suffering o Avails remission of sins o Spiritual healing of souls o Physical healing of body o Accept suffering as purifying cross o Grace even to accept death o Surrender to will of God
<p>7. Matrimony</p> <ul style="list-style-type: none"> • Family ministry • Bond of unity till end of life • Exchange of marriage vows • Both should be baptized • Priest will confirm the sacrament • Witness, legal agreement of marriage 	<p>(Once)</p> <ul style="list-style-type: none"> o What God joined no man can separate o Calling of God to build family o Marriages made in heaven as per God's plan o Once married cannot separate o Commitment to accept children o Bring them up in Catholic faith
<p>2. Holy Eucharist (Frequent)</p> <ul style="list-style-type: none"> • Celebration, memorial of Jesus Christ • Consecration by ordained priest • Consecration; body, blood, soul & divinity • We receive Communion we receive Jesus 	<p>(Frequent)</p> <ul style="list-style-type: none"> o Our union with the Lord o one with our neighbor o Our soul is nourished o our spiritual growth o heart of community, the Church o unity of the Church.
<p>4. Penance (Frequent)</p> <ul style="list-style-type: none"> • Acknowledge sinfulness • Desire to repent & ask forgiveness • Determination not to sin again • Contrition or sorrow for sins • Confession to a priest and absolution • Penance or restitution for your sins 	<p>(Frequent)</p> <ul style="list-style-type: none"> o All sins are forgiven o Interior conversion of the heart o Wonderful sense of freedom o Peace from the burden of sin o Gratitude to our generous Lord o God's love, compassion and mercy o Will be in the state of grace
<p>6. Holy orders (Once)</p> <ul style="list-style-type: none"> • Mission entrusted by Jesus to Apostles • Continuation till end of time • Sacrament of Apostolic ministry • Bishop will confer on the candidate • Outpouring of the Holy Spirit 	<p>(Once)</p> <ul style="list-style-type: none"> o Calling of God o Apostle of Jesus Christ o Missionary of the church o Consecrated person o Diaconate, priest, Bishop